

## National Employee Health & Fitness Day May 17, 2006

### Ideas for celebrating:

- Ask management to lead walks at lunchtime
- Create a map of routes (# of steps and/or mile increments) *outside* the worksite
- Create a map (# of steps) *inside* worksite
- Posters by the elevators stating the benefits of stair-walking
- Decorate stairways to encourage stair-walking
- Posters; flyers; e-mailings; intranet
- Create a competition
- Begin a walking program (For information on getting started contact: [gsedlacek@hline.org](mailto:gsedlacek@hline.org))
- Develop a 'basic' walking log or print step logs from <http://walking.about.com/library/cal/xiwalkusastep.htm>
- Encourage use of the 'discount pedometer' program; wear a pedometer & log your steps daily
- List ways to increase your number of steps during your workday
- Obtain maps of local (city, township) walking and bike routes)
- 5 to 9-a-day snacks: bring in fruits & vegetables and other healthy snacks
- Plan a healthy luncheon
- Identify things to pack in a 'healthy' lunch bag
- Pick a theme and ask everyone to dress-up; i.e. Hawaiian shirts
- Check local restaurants for 'healthy food' suggestions; and count the # of steps to each
- ADD LAUGHTER (internal jogging)!

## Planning a Health Fair?

Here are some ideas: (Also see "WOW Suggested TimeLines")

- Ask area Fitness Clubs to represent at your fair. Weight lifting, fitness ball, and resistance training demos are possibilities.
- Ask area Pedometer vendors to represent at your fair, with the simplest pedometers or step counters
- Ask for a few modest donations from the vendors, to use as door prizes
- Announce prizes every hour (or half hour if appropriate)
- Ask State Health Plan PPO & HMO representatives to attend and bring information about their wellness programs, weight loss program discounts, smoking cessation program discounts
- Arrange for an ergonomics representative for information on carpal tunnel, sitting & reaching, and back health. (Have a keyboard available for demo.)

Disability Management Program & Accommodation Centers:

Farmington Hills site: 1-877-901-7361

Lansing site: 517-241-0314

Marquette site: 1-800-562-7860

- Have a Yoga representative provide a demo
- Invite a Weight Watchers rep
- Invite an Employee Services Division counselor to provide stress management information
- Arrange for Osteoporosis Testing
- Arrange for Reflexology (more than one person) & foot massages
- Arrange for a Tai Chi demonstration
- Acupuncture/Acupressure, NIA, & Meditation are other possibilities
- Invite representatives from the American Heart Association, American Lung Association, American Cancer Society, Arthritis Foundation, Diabetes Outreach Network, or other health organizations
- Invite a Michigan Parks & Recreation Association representative

- Invite a League of Michigan Bicyclists rep
- Arrange for blood pressures and mini-screenings
- Consider finger pick blood sugar screening and counseling for diabetics
- Provide healthy snacks: fruit, raw veggies, mini-yogurts, healthy nuts
- Check for Parks & Recreation or Regional Fitness Council sponsored events such as: "Walk the River Trail during your lunch hour" (Lansing 483-4277) <http://www.msu.edu/~paszkie1/RiverTrail/index.html>
- Check massage student availability for chair massage demos; they must have so many hours of practice before receiving certification. Sign-up earlier. In Lansing: LCC's Massage Therapy (517-483-1431)
- Arrange for hearing tests to be provided by someone in your area; have sign-up earlier (Lansing: Hearing Health Center)
- Arrange for Healthy Cooking Demonstrations
- Arrange Contests and/or Fun Activities during the fair
- Invite Michigan Economic Development Corporation:  
<http://www.michigan.org/medc/>  
Perhaps they can provide free bags & literature for opportunities for "Active MI summer" plus MI Travel Guide magazine (free)
- Provide "99 Tips for Family Fitness Fun" pamphlet from National Assoc. for Sport & Physical Ed. (703) 476-3410  
<http://www.shapeup.org/publications/99.tips.for.family.fitness.fun/>
- Provide other family health promotion materials (as Prevention Network Michigan --- parenting awareness groups statewide)  
<http://www.preventionnetwork.org/pam%20homepage.htm>
- Check local townships/cities for 'Healthy People Healthy Communities'. They may provide: radon info; lead poisoning info; disposal of mercury thermometers; biking/hiking/walking trails/mall walking info, etc.
- Check local health departments for health related programs
- Check Presidential Fitness Partners for ideas  
<http://www.fitness.gov/getmovingamerica.html>
- Check **Michigan Steps Up** & website presentation (healthy worksite, communities & school information coming soon to website)  
<http://www.michigan.gov/surgeongeneral>

- Check the Rails to Trails program for ideas
- Check for Governor's Council on Physical Fitness, Health & Sports programs: [www.michiganfitness.org](http://www.michiganfitness.org)
- Local hospitals may have community health programs
- Evaluate parking needs of vendors
- Be aware of other events that may be occurring simultaneously
- Use a POST survey for vendors & participants as: "Did you feel you had sufficient space; Did you provide hands-on or interactive display; Were you satisfied with the amount of attention you received from participants; Other comments to help make future health fairs more valuable", etc.
- Management support and advertising are critical to the events success
- CONSIDER partnering with other departments in the area to have one combined celebration for all employees. This may be more favorable to local business/organizations, since using them only once per year all at once, thus reducing the number of requests for health fair participation yearly.

If you would like your ideas for celebrating  
National Employee Health & Fitness Day posted on the WOW website, email us.  
[MDCS-WOW-WorkingOnWellness@michigan.gov](mailto:MDCS-WOW-WorkingOnWellness@michigan.gov)

**Worksite Health Promotion Programs enhance the overall health of the company.**

**Employers and Managers:**

- Ask yourself “What can I do to reduce barriers to physical fitness in my work place, and encourage employees to become more physically active?”

**Benefits For Worksites:**

- Enhanced recruitment and retention of healthy employees
- Improved health care costs
- Reduced employee absenteeism
- Decreased rates of illness and injuries

**Benefits For Employees:**

- Stress relief
- Increased well-being, self-image and self-esteem
- Improved physical fitness
- Potential weight reduction
- Lowered risk of heart disease and stroke, colon and breast cancers, diabetes

Consider these steps for working on your wellness:

- Take the stairs rather than the elevator.
- Walk or bike to work.
- Park further from the worksite and walk in.
- Take a walk at lunchtime with coworkers; take break walks.
- Start a worksite fitness activity.
- Make an appointment with yourself to exercise.
- Stand up, stretch, and move around in your worksite often.
- Have a walking meeting.
- Walk around the house during commercials.
- Deliver e-mail message personally.

**Start with a few steps daily and work up to 30-60 minutes each day as recommended by the U.S. Surgeon General.**



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<http://www.physicalfitness.org/nehf.html>